

Chronic Conditions Prevention and Management (CCPM)

E-update – September 2009 Issue No. 4

Welcome to September’s Edition of the CCPM E-update

Update from the CCPM Team

We hope this E-update finds you all well. Over these last two months the CCPM Team have been busy following up with people who participated in Flinders, Stanford or Health Coaching training earlier this year.

We have also commenced planning for the next twelve months. In the 08-09 financial year there was a strong focus on building a general knowledge base around chronic condition self management and exploring different models/approaches and their application to the Tassie context. In the next 12 months there will be a greater focus on building on existing capacity and systems/organisational change.

The next few months will also see some changes to the CCPM team as Shelley (South) takes 5 months leave without pay to undertake a Chronic Conditions Primary Health Care Nurse position in NSW. Sharon (NW) will also be on leave from 27 August to 6 October and will be exploring the Red Centre before heading further north.

If you need to make contact during this time please phone Di Webb or Narelle Smith (contact details below).

We will miss Shelley greatly but wish her all the best in the next few months and look forward to hearing all about her experiences and adventures when she returns.

If you have anything you would like to contribute to the next edition please forward to sharon.griffiths@dhhs.tas.gov.au
We welcome your feedback and ideas!

Kind Regards Narelle, Shelley, Sharon and Di (CCPM Team)

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Your feedback is appreciated - please contact Sharon Griffiths on ph: 6440 7134 or email sharon.griffiths@dhhs.tas.gov.au

For more information please contact the CCPM team:

State Coordinator	Narelle Smith	3/25 Argyle Street Hobart	Ph: 6222 7720 or email narelle.smith@dhhs.tas.gov.au
North West	Sharon Griffiths	Ground Floor, Parkside Burnie	Ph: 6440 7134 or email sharon.griffiths@dhhs.tas.gov.au
North	Diane Webb	Level 1, 93 York Street, Launceston	Ph: 6336 2405 or email diane.webb@dhhs.tas.gov.au
South	Shelley Moor	3/25 Argyle Street Hobart	Ph: 6222 7708 or email shelley.moor@dhhs.tas.gov.au

News

Global Corporate Challenge – an update from Rebecca Harrsion, Population Health

As much as some of us would like to wish otherwise, we spend a significant number of our waking hours at work. Worksites can have a big impact on our health behaviours during the day, both in a negative and positive way. Examples of the way a worksite can make it easier for employees to be healthy include the provision of amenities and activities that promote physical activity and healthy eating. It makes sense for employers to encourage and support healthy behaviours in their staff because it will result in greater productivity and less time off sick.

As part of its commitment to promote health and wellbeing in the workplace, the Public Sector Management Office agreed to provide funding support to State Government agencies enabling teams to participate in the Global Corporate Challenge (GCC).

The Global Corporate Challenge is a 125 day health and wellbeing program that encourages employees, and it turn the workplace, to be active. The aim for employees participating in the Challenge is to walk 10,000 steps a day. The number of steps made each day are entered onto a website which takes participants on a virtual walk around the world. To date the Challenge has proven to be a great team building exercise in itself and has brought out some very competitive personalities!

On the 10 May 2009 the Global Corporate Challenge had its world-wide launch in Hobart. The Challenge organisers chose Hobart for this years launch because the city has the highest number of participants per capita in the world.

The Challenge was launched by the Premier, the Hon David Bartlett and Herb Elliot one of the greatest middle distance runners in the world. Herb noted the importance of walking to maintain a fit and healthy lifestyle and stated that if he had done more walking and less running he wouldn't have ended up with two metal hips!

On an Agency level, the Department of Health and Human Services has had a great response to the Challenge. In total there are 98 teams entered from the DHHS. The success of the take-up can be attributed in part to the generous subsidy, but also to the commitment staff have to improving their health and well being.

Stay tuned for more updates on the Challenge.



At the recent launch in Hobart L-R: Hon David Bartlett and Herb Elliot

HeartMoves - Breakfast Seminar

Held in Burnie on 24 July 2009, the breakfast seminar was attended by representatives from DHHS and a number of non-government organisations. Barbara Carter from the Heart Foundation provided an overview on the Heart Moves Exercise Program which is a low to moderate exercise program managed by the Heart Foundation. The program is suitable for anyone who hasn't done any exercise for a while and is designed to be safe for people with stable long term health conditions such as cardiac or diabetic conditions.

HeartMoves is run by accredited exercise professionals specifically trained in managing safe low to moderate intensity exercise programs.

The Breakfast Seminar was targeted at those who may be interested in extending their professional expertise by becoming leaders in the exercise program and also provided an opportunity for participants to discuss ways of meeting the needs of local residents who otherwise may be physically inactive.

For further information on HeartMoves or to enquire about

upcoming Leader Training please contact Barbara Carter on 6224 2722 or email Barbara.Carter@heartfoundation.org.au

Website: www.heartfoundation.org.au



Attending the Breakfast Seminar L-R: Kent Wyllie (KAW Training), Ali Macrae (DHHS), Michelle Towle (DHHS), Shannon Anis (Heart Foundation), Julie Milnes (DHHS), Barbara Carter (Heart Foundation), Sharon Griffiths (DHHS), Michael Griffiths and Callan Metzger (Xcel Fitness)

Aussie Heart Guide – Tassie Trial

Cardiac Rehabilitation (CR) can be provided in a range of settings such as hospitals, community health centres and medical practices or a combination of these. Where access is limited, home or telephone based CR may be utilised as an alternative provided individual client assessment has been undertaken in a service setting. CR is inclusive of all diagnostic and population groups.

The *Aussie Heart Guide* (AHG), the model of care for telephone based CR supported by the Australian Cardiovascular Health and Rehabilitation Association (ACRA), provides people who have heart disease, and their families, with a facilitated and supported alternative to centre-based CR. The AHG is modelled on a proven model from the UK, the Heart Manual. The original author is Professor Bob Lewin from York University, UK. Following pilot studies in 2 centres ACRA is proceeding with a wider dissemination of the AHG from August 2009 when it will be made available for any patient diagnosed with heart disease.

The AHG is an ideal method of supporting people with all forms of heart disease to self-manage their disease in order to work effectively with their medical teams, to understand and accept their disease, and to include behaviours in their everyday life that are known to improve their quality of life and reduce morbidity and mortality.

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The AHG will be offered to all people who have experienced an acute cardiac event (or are referred to CR services from other sources at any stage of their heart disease trajectory) and are unable or unwilling to attend centre-based CR provided they are supported by trained *mentors* utilising the AHG initially in a F2F meeting and subsequently by telephone follow up. The final meeting between mentor and participant will be a face to face meeting in order to determine and measure outcomes for the individual person.

Health professionals utilising the HGA must be trained by ACRA trainers. For further information please contact the AHG Project Officer, Sue Sanderson.

Contact details:

Email: sue.sanderson@dhhs.tas.gov.au

Mobile: 0448 308 214

A new NW Community Educator for Arthritis Tasmania:

Hi everyone, my name is Rachel Turner and I am the new Community Educator for Arthritis Tasmania in the North West. Not only am I new to my position at Arthritis Tasmania, I'm also new to this great state. In 2006, I completed my Bachelor Science in Public Health, followed by a two year adventure in Fitzroy Crossing, a small community in the West Kimberley's. My role in Fitzroy Crossing was a Health Promotion Officer for maternal and child health, in which I learnt so much and met some truly amazing people. In March this year I moved to Deloraine and started working with Arthritis Tasmania in late April, so I feel like my life has done a complete 180 degree turn around! Many people have told me that Deloraine is one of the coldest places in Tasmania; one lady says she skated across the Meander River that cuts through town! I hope I don't see winters that cool for a good time yet... I need time to adjust!

Arthritis Tasmania (which incorporates Osteoporosis Tasmania) is a not-for-profit organisation reliant upon grants funding, sponsorships, bequests, donations and other types of corporate and community support. All funds raised go to support arthritis research and the provision of information and support services for people affected by arthritis, osteoporosis and related conditions. Support services to the community include: training and education programs, community based healthy lifestyle programs and self-management programs.

The head office in Hobart offers a free information line- 1800 011 041 which is operated mainly by volunteers. This information line allows members of the community, health centres, health professionals and service provider's free access to resources on arthritis, osteoporosis and related musculoskeletal conditions.

As a Community Educator, it is my role to provide education sessions and support to people with arthritis, osteoporosis and related musculoskeletal conditions across Tasmania's North West. One of my main strategies in these early stages will be to run information sessions for community groups around the North West. So far, I have done presentations for Probus Groups in Sheffield and Wynyard as well as several Arthritis Groups scattered across the North West. In the future, I would like to visit the schools to promote the importance of looking after our bones and joints from a young age. I am also really keen to be involved in any community events that are being planned, so please don't hesitate to call if I could be of any assistance.

Thank you

Rachel Turner

Address- 23 Steele St Devonport, 7310

Phone- 6423 5131 (Monday- Wednesday)

Email- rturner@arthritistasmania.com.au

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Resources

National Stroke Week 14-20 Sept 2009

Order a free **Stroke Week Pack!** If you would like to support and/or promote National Stroke Week please contact Narelle Byatt at the National Stroke Foundation, Hobart on 6231 4424 or email nbyatt@strokefoundation.com.au

For further information see:

www.strokefoundation.com.au/component/option,com_performs/Itemid,175/formid,9/

Newsletters and Fact Sheets:

- Flinders University Chronic Conditions Self Management Newsletter – June 2009
Click here for the latest edition: <http://som.flinders.edu.au/FUSA/CCTU/newsletters.htm>

Websites:

- **Healthy Spaces and Places** is a national guide for planning, designing and creating sustainable communities that encourage healthy living.

Foremost it is for planners, as they can help tackle some of Australia's major preventable health issues by planning places where it is easier and more desirable for more Australians to be active – walking, cycling and using public transport – every day: <http://www.healthyplaces.org.au/site/index.php>

- In 2007/2008 the Canadian Public Health Association worked with four health regions across the country to pilot a new **chronic disease planning tool** to help bring a comprehensive approach into regional dialogue and planning.

The Tool, **Strengthening Chronic Disease Prevention and Management through Dialogue, Planning and Assessment**, presents eight Critical Success Factors for strengthening chronic disease prevention and management, with guiding questions for each: <http://www.cpha.ca/en/portals/CD.aspx>

Articles / Publications:

Snapshot of Australian Primary Health Care Research 2009

Primary Health Care Research and Information Service (PHC RIS)

This snapshot of recent Australian research projects demonstrates the potential for primary health care research to improve the health of Australians and draws attention to 12 projects from all around Australia that are producing real tangible benefits in areas like indigenous health, child and youth health, chronic disease and remote communities:

- **The Greater Green Triangle Diabetes Prevention Project** reveals that using a lifestyle intervention program in primary care can significantly reduce the risk and burden of diabetes. This project resulted in the 'Life! Taking Action on Diabetes' lifestyle modification program. It is now being used by 25,000 Victorians.
- **The web based Great Southern Managed Health Network (GSMHN)** has proven that distance need not be a barrier in improving patient care with the project linking health professionals through shared electronic health records, secure communication and remote clinical and administrative management. An evaluation found that the GSMHN has resulted in greater speed of information transfer, better communication and better access to patient information.

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The research represented in the publication is funded by the Primary Health Care Research, Evaluation and Development (PHCRED) Strategy, a program designed to improve Australia's capacity to produce high quality, relevant primary health care research. This publication can be viewed at www.phcris.org.au/snapshot/2009

Hard copies are available and can be ordered by emailing phcris.assist@flinders.edu.au or calling PHC RIS Assist on 1800 025 882.

National Health and Hospitals Reform Commission Report (released July 2009)

The Federal Government expects to respond to the 123 recommendations it contains within 6 months.

Recommendations Include:

- Recommend that governments commit to establishing a rolling series of ten-year goals for health promotion and prevention, to be known as Healthy Australia Goals, commencing with Healthy Australia 2020 Goals. The goals should be developed to ensure broad community ownership and commitment, with regular reporting by the National Health Promotion and Prevention Agency on progress towards achieving better health outcomes under the ten-year goals.
- Recommend the establishment of an independent National Health Promotion and Prevention Agency. This agency would be responsible for national leadership on the Healthy Australia 2020 goals, as well as building the evidence base, capacity and infrastructure that is required so that prevention becomes the platform of healthy communities and is integrated into all aspects of our health care system. Recommend that the National Health Promotion and Prevention Agency (NHP&PA) would also collate and disseminate information about the efficacy and cost effectiveness of health promotion including primary, secondary and tertiary prevention interventions and relevant population and public health activities.
- We support strategies that help people take greater personal responsibility for improving their health through policies that 'make healthy choices easy choices'. This includes individual and collective action to improve health by people, families, communities, health professionals, health insurers, employers and governments. Further investigation and development of such strategies should form part of NHP&PA work on the Healthy Australia 2020 Goals, targeting cross portfolio and cross industry action.

The Executive Summary, Recommendations, and the full report are available at www.nhhrc.org.au/internet/nhhrc/publishing.nsf/Content/nhhrc-report

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Future Chronic Disease and Self Management Training and Education

In Tasmania

Workshop: Supporting Older People from Diverse Cultural and Linguistic Backgrounds

Presenter: Hans Schmid, Migrant Resource Centre (Sth Tas) Inc

8 September 2009 (10am to 12noon), North West Regional Hospital, Burnie

Workshop will cover:

- Cultural Diversity
- Impacts on Behaviour
- Effective Communication
- Symptoms/triggers of Trauma

For further information contact: Dianne Curran, Multicultural Liaison Officer, NW Area Health Service on ph: 6430 6694 or email dianne.curran@dhhs.tas.gov.au

Workshop: Working With Individuals from Different Generations

Presented by the Community Health Social Work Team, North West

22 October 2009 (9.30am to 4.00pm), Ulverstone

Aimed at service providers and health care professionals who would like to increase their skills and knowledge on working with individuals from different generations – X,Y,Z, the Boomers and the Builders.

Cost: \$35.00 per person (includes lunch, morning and afternoon tea). Early bird registration \$30.00 by 1/10/09.

RSVP asap (latest by 15/10/09) to Ally Smith on ph: 6421 7784 or email: allyson.smith@dhhs.tas.gov.au

Interstate

Training and Education:

Health Coaching Australia

Introduction to Health Coaching for Health Professionals Workshop

Melbourne, 9-10 November 2009

Workshop is now open for registration on-line. You can access workshop information and register on-line at: www.healthcoachingaustralia.com.au

Culture Matters for Health: Exploring cultural epidemiology & related approaches in a symposium and short course

26-29 October, University House The Australian National University, Canberra

- **Scoping cultural epidemiology in the Antipodes - a symposium**

Through the presentation of brief papers and posters over one and a half days, the symposium will explore the inter-relationships between culture, health and illness.

- **Cultural Epidemiology short course**

This two day course introduces students to the emerging discipline of cultural epidemiology, defining what it is and how it might be undertaken. It focuses on employing cultural theories, concepts and related methods to the health of populations and sub-populations.

For more information and to register go to: http://nceph.anu.edu.au/Short_Courses/CulturalEpi/index.php

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Communication and Motivation Skills Enhancing Self-Management Support Workshop - Flinders Human Behaviour and Health Research Unit

Next 1-day Workshops: 30 September 2009 or 4 November 2009, Adelaide, South Australia

AIM:

- To enhance communication and motivation skills.
- Raise awareness of what the worker brings to an interview.
- Enhance partnerships with other individuals.
- To understand how communication and motivation skills relate to the Flinders Program.

Cost: \$200 + \$20 GST = \$220

To register, email self.management@flinders.edu.au or go online to <http://som.flinders.edu.au/FUSA/CCTU/home.html>

Click on 'Workshops/Training' and follow the links to the registration form.

Conferences and Seminars:

Outpatients – Beating the Waiting Game

17-18 September 2009, Cairns, Queensland

To view program go to: www.changechampions.com.au

Australian Healthcare and Hospitals Association – 2009 Congress Shaping Up in Health: How does Australia become the world's best?

7-9 October 2009, Hobart, Tasmania (early bird extended until 25/8/09)

Presented with the Australian Institute of Health Policy Studies, the AHHA Congress brings together healthcare managers, policy writers, researchers and clinical staff from Australia and overseas to share ideas, challenges and inspiration for improving our healthcare system.

This is your chance to hear international speakers share their experience and successes in healthcare service delivery without having to leave the state.

Register now at: <http://www.ahhacongress.com.au/>

Intervention Mapping: Developing theory- and evidence-based programs for health promotion and public health

19-21 October 2009, Rydges Hotel, North Melbourne Cost of workshop - \$1200 (excl GST)

For more information go to: <http://www.med.monash.edu.au/epidemiology/shortcrs/index.html>

Enquiries: Suzy Giuliano, ph: 03 9903 0892 or Email: **Error! Hyperlink reference not valid.**

4th Healthcare Without Walls: Best Care, Most Appropriate Place

28-29 October 2009 at Amora Jamison Hotel Sydney, NSW - attend by Webinar if you can't make it to Sydney

This is a partnership between Change Champions and NSW Health.

To view program go to: www.changechampions.com.au

4th NSW Rural Allied Health Conference

12th – 13th November 2009, Tamworth

Early Bird Rates apply until 1 September

Please click on the link below to access further information including the conference program.

<https://secure.eventoffice.com/forms/4thNSWRural.asp?eventid=1924>

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Programs for people with chronic conditions

Get the Most Out of Life (Stanford Chronic Disease Self Management Program)

Upcoming programs:

- **Kings Meadows** – commencing 10 September 2009
- **Hobart** – commencing 22 September 2009
- **Burnie** – commencing 23 September 2009
- **St Marys** – commencing 16 October 2009
- **Smithton** – commencing 27 October 2009

Registration for the programs can be made by contacting Arthritis Tasmania on 1800 011 041

For more information go to: <http://www.arthritistasmania.com.au/courses/self-management.html>

Give Diabetes the Flick - coordinated by the Diabetes Team, this six week program (2½ hrs per week) is aimed at people who are at risk of developing Type 2 Diabetes or who have had gestational diabetes.

The program aims to provide skills to change lifestyle habits and improve the way that you eat and choose to exercise. Please see attached flyer for further details.

Upcoming programs:

Burnie - Women's Program:

Commencing 8 September 2009 (6 week program)

Burnie - Men's Program:

Commencing 17 November 2009 (4 week program)

For more information or to register for this program please call the Diabetes Centre, DHHS, on 6430 6591.

[To see flyer click here](#)

Looking After My Diabetes – this four week program is aimed for people who have recently been diagnosed with type 2 diabetes and want to reduce the risk of complications. Sessions are held weekly from 9.30am to 12.30pm over a month

- **Devonport** on Tuesdays
- **Burnie** on Wednesdays

For more information or to register please call the Diabetes Centre, DHHS, on 6430 6591.

[To see flyer click here](#)

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Power On – A Women’s Health Program

A peer education health and wellbeing program for women who experience mental illness.

Launceston – commencing 22 September and finishing on 8 December - held from 10.00am to 12.00midday each Tuesday

This program helps participants to build skills and confidence to enhance their wellbeing and address their health needs.

Launceston – please join Gill, Rhonda and Jo for 12 sessions of learning, sharing and fun!

For more information or to reserve a place in the program please contact Rhonda at Aspire on Ph: 6333 3111.

Appetite for Change – Female Weight Management Program, Ulverstone

Commencing 10 July 2009

This 4 week program is designed to help people gain an increased understanding of the lifestyle changes needed to lose weight and/or improve their quality of life. More specifically; this program aims to enhance self efficacy by teaching people how they can set appropriate goals, eat well and increase their physical activity.

The program is now being opened to members from the community (previously relied on inter-hospital referrals).

Please see attached flyer for more information:

Upcoming North West programs:

- Men’s group – commencing 2 October 2009
- Women’s group – commencing 13 November 2009

The proposed location for both programs is Ulverstone.

Registration for the programs can be made by contacting Day Clinics Reception on 6430 6583.

Stress Release Program – this 6 week mindfulness course is offered free to women who

have cancer, or who have been touched by cancer, perhaps as a survivor, family member or carer.

Facilitated by Dr Michelle Towle, Healthy Lifestyles Consultant this program provides participants to understand the causes and effects of stress and learn skills to help prevent and deal with stress.

- **Burnie** – commencing 26th August 2009 (9.30am to 11.00am)
- **Rosebery** – commencing 14th October 2009 (1.45pm to 3.15pm)

For further information or to register fro the program please contact Cancer Council Tasmania (Burnie office) on 6434 6363.

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Give Diabetes the Flick

Have you been told that you have pre-diabetes (sometimes called impaired glucose tolerance) or did you have gestational diabetes in pregnancy?

Then this program is for you.

This six week program is co-ordinated by the diabetes team and involves a Diabetes Educator, Social Worker, Dietitian and Physiotherapist. The program aims to give you the skills to change lifestyle habits and, improve the way that you eat and choose to exercise. Research has shown that even a weight loss of 5% of your body weight can prevent type 2 diabetes. The changes you make can benefit your whole family and prevent diabetes.

Each session involves an opportunity to exercise in a fun way, setting personal goals and a different topic, such as:

- Why diets do not work;
- The change process and keeping motivated;
- How to make exercise fun;
- Healthy food choices & label reading;
- Stress management and relaxation;
- The impact of negative thinking & our behaviour;
- Learning why you eat certain foods at certain times;
- Eating out and festive occasions.



To register for this program to start in September (women 6 weeks program) or November (men 4 weeks program) from 9:30 -12:00 please call the **Diabetes Centre**. After the program you are welcomed to attend a 2 monthly drop in clinic to see how you are going and keep up the good work.



DIABETES CENTRE

NORTH WEST AREA HEALTH SERVICE
Department of Health and Human

Email: diabetes.nw@dhhs.tas.gov.au

PH: (03) 64306591





Looking After My Diabetes

Is a program run over 4 weeks that includes a team approach to diabetes education.

These sessions are held from 9.30am - 12:30pm over a month:



- Devonport on Tuesday
- Burnie on Wednesdays



Our audits have shown that past participants of this program generally have better overall control of their blood glucose levels, blood pressure and cholesterol. So if you have recently been diagnosed with type 2 diabetes and want to reduce your risk of complications come along and register.

Topics include:

- Hypoglycaemia
- Stress Management
- Foot Care
- Sick day Management
- Prevention of complications
- Sick days
- Food and Nutrition
- Tablets for Type 2 Diabetes
- Exercise



DIABETES CENTRE
NORTH WEST AREA HEALTH SERVICE
Email: diabetes.nw@dhhs.tas.gov.au Ph: (03) 64 306591



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